

Differences in the Development of Internalizing and Externalizing Behaviors in Offspring of Depressed Mothers

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INTRODUCTION

- Maternal depression has adverse effects on child development
- Research suggests that maternal depression affects offspring outcomes by affecting parenting practices, family instability, and mother-offspring relationship quality
- Gaps in the literature when it comes to explaining why some children develop externalizing problems and why some develop internalizing problems when exposed to maternal depression

OBJECTIVES

- To examine the development of internalizing and externalizing behaviors in offspring with depressed mothers
- To explore mediating variables that explain this differential association
 - Family Instability
 - Learning Stimulation
 - Emotional Support
 - Spanking/Restricting

METHODS AND MATERIALS

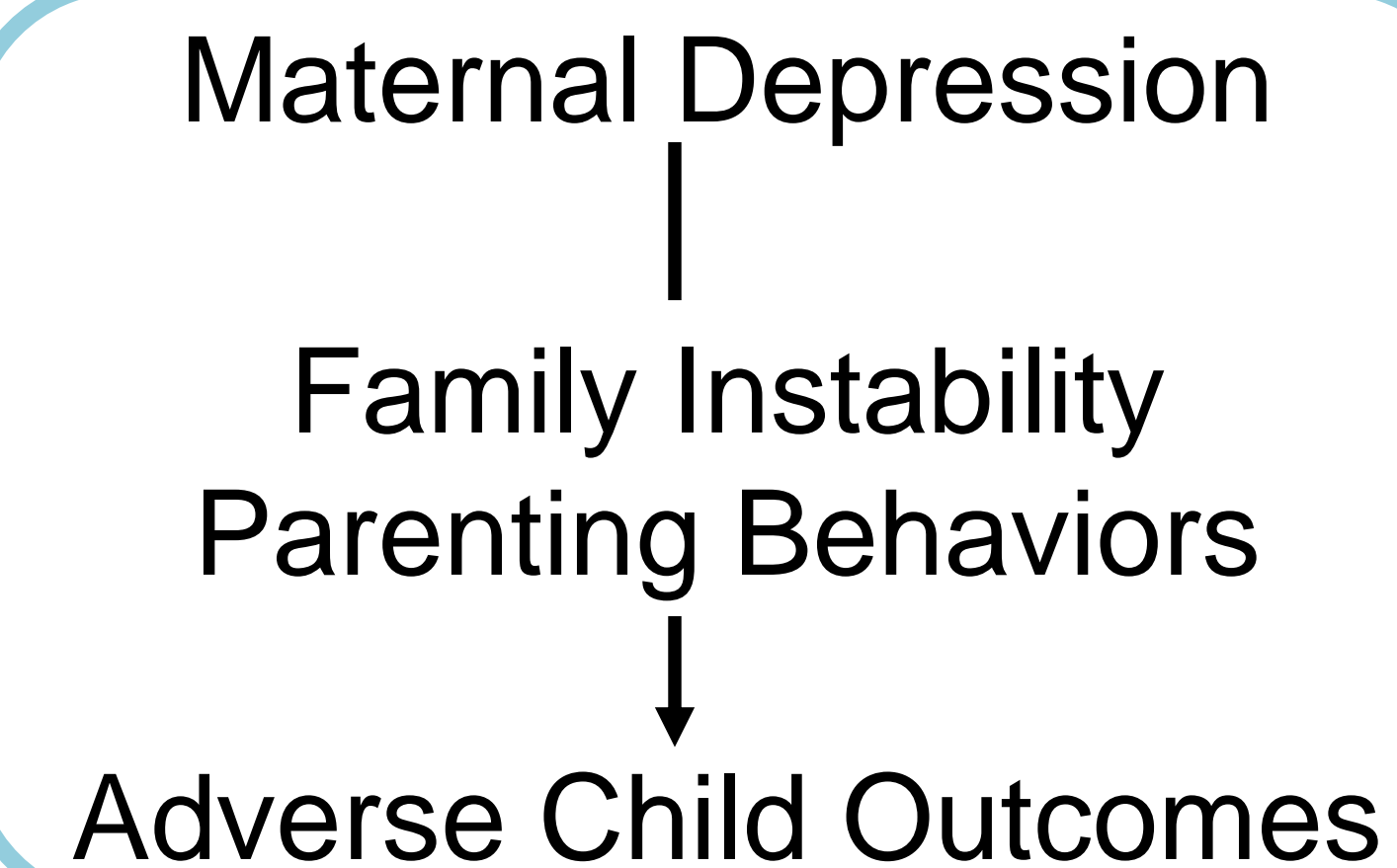
- United States Department of Labor National Longitudinal Survey of Youth 1979
 - Range of sample sizes for the variables of interest: 1,299 - 2,044
- Center for Epidemiologic Studies Depression (CES-D) Scale (Radloff, 1977)
- Home Observation Measurement of the Environment – Short Form (HOME-SF, modified from HOME by Caldwell & Bradley, 1984)
- Young Adult Self Report

Center for Epidemiologic Studies Depression Scale (CES-D), NIMH
Below is a list of the ways you might have felt or behaved. Please tell me how often you have felt this way during the past week.

	During the Past Week			
	Rarely or none of the time (less than 1 day)	Some or a little of the time (1-2 days)	Occasionally or a moderate amount of time (3-4 days)	Most or all of the time (5-7 days)
1. I was bothered by things that usually don't bother me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I did not feel like eating; my appetite was poor.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I felt that I could not shake off the blues even with help from my family or friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I felt I was just as good as other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I had trouble keeping my mind on what I was doing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I felt depressed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I felt that everything I did was an effort.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I felt hopeful about the future.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I thought my life had been a failure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I felt fearful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. My sleep was restless.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I was happy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I talked less than usual.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I felt lonely.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. People were unfriendly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I enjoyed life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I had crying spells.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I felt sad.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I felt that people dislike me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I could not get "going."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SCORING: zero for answers in the first column, 1 for answers in the second column, 2 for answers in the third column, 3 for answers in the fourth column. The scoring of positive items is reversed. Possible range of scores is zero to 60, with the higher scores indicating the presence of more symptomatology.

Model of Mediation:



RESULTS

- Preliminary Bivariate Correlations
 - Maternal depression and offspring delinquency ($r = .08$; $p < 0.01$)
 - Maternal depression and offspring depression ($r = .04$; n.s.)
- Mediation Analyses
 - Family instability mediated b/t maternal depression and offspring delinquency ($b = .0048$, 95% CI [.0030, .0071]) and offspring depression ($b = .0058$, 95% CI [.0016, .0107])
 - Learning stimulation mediated b/t maternal depression and offspring delinquency ($b = .0023$, 95% CI [.0011, .0041])

DISCUSSION

- Family instability can explain why there is a relationship b/t maternal depression and adolescent internalizing behaviors
- Family instability and learning stimulation can explain why there is a relationship b/t maternal depression and adolescent externalizing behaviors
- Understanding these effects will allow for psychologists, families, schools, and communities to gain the understanding needed to support mothers and children
- Limitations:
 - HOME-Short form is a brief assessment
 - Assured direction of effects but cannot infer causality

ACKNOWLEDGMENTS

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